

Benefits of Fish:



It is important to consider the benefits of eating fish as part of a balanced diet.

Fish are an excellent source of protein and have been associated with the reduced risk of heart disease.

The benefits of eating fish also have been associated with low levels of unsaturated fats (e.g., omega-3 polyunsaturated fatty acids), which are essential nutrients. Fish also provide a good source of vitamins and minerals.

The American Heart association recommends two, 6-ounce servings of fish per week as part of a healthy diet.

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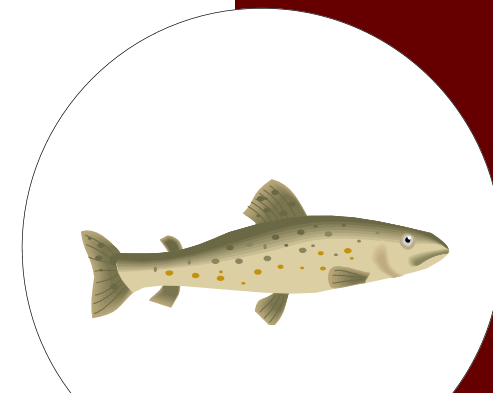
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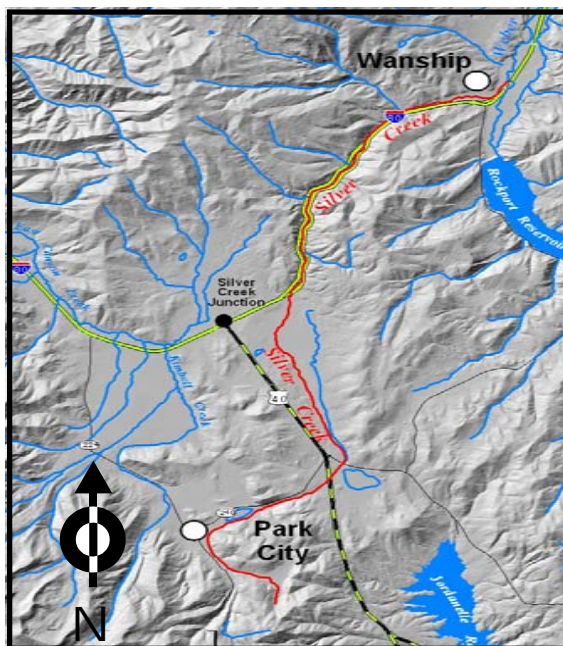
Silver Creek Fish Advisory

**Summit County,
Utah**

Public Health
Information

Silver Creek

Silver Creek is located in Summit County, Utah. The creek runs alongside the Historic Union Pacific Rail Trail, beginning near Park City and flowing northward to the town of Wanship, where it meets up with the Weber River.



Did You Know?

Preparation techniques such as cooking, smoking, curing, and freezing **Do Not** reduce the health hazards from arsenic in the fish.

What is Arsenic ?

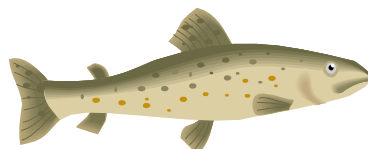
Arsenic occurs naturally in low levels in our environment. The arsenic found in Silver Creek is believed to have come from both natural and past mining related sources associated with mineral deposits in the Silver Creek watershed.

What is being done:

A recently completed water quality study (April 2004) identified several source areas from historic mining activities that are contributing metals to Silver Creek.

A local watershed committee is working to clean up metal contamination in Silver Creek. The clean up is expected to take several years.

Levels of arsenic and other heavy metals in the fish of Silver Creek will continue to be monitored every other year.



Did You Know?

Contaminated fish may not look, smell or taste different, but they can still be harmful.

Recommendations:

Due to high arsenic levels found in **trout** from Silver Creek, it is recommended that:

- **Adults limit their intake of these fish to no more than two 8-ounce meals per month.**
- **Pregnant women, nursing mothers, and children under the age of 12 should limit their intake to no more than one 4-ounce meal per month.**

No known illnesses have been associated with eating the trout from Silver Creek.

Any health risks associated with eating the trout is based on long-term intake and not tied to eating fish occasionally.